

## Spinach Sensation

Makes 6 servings \* NET CARBS: 13g

½ pound bacon slices  
1 cup (8 ounces) sour cream  
3 eggs, separated  
2 tablespoons all-purpose flour  
1/8 teaspoon black pepper  
1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry  
½ cup (2 ounces) shredded sharp Cheddar cheese, divided  
½ cup dry bread crumbs  
1 tablespoon margarine or butter, melted

1. Preheat oven to 350 degrees F. Spray 2-quart round baking dish with nonstick cooking spray.
2. Place bacon in single layer in large skillet; cook over medium heat until crisp. Remove from skillet; drain on paper towels. Crumble and set aside.
3. Combine sour cream, egg yolks, flour and pepper in large bowl; set aside. Beat egg whites in medium bowl with electric mixer at high speed until stiff peaks form. Stir ¼ of egg whites into sour cream mixture; fold in remaining egg whites.
4. Arrange half of spinach in prepared dish. Top with half of sour cream mixture. Sprinkle ¼ cup cheese over sour cream mixture. Sprinkle bacon over cheese. Repeat layers, ending with remaining ¼ cup cheese.
5. Combine bread crumbs and margarine in small bowl; sprinkle evenly over cheese. Bake, uncovered, 30 to 35 minutes or until egg mixture is set. Let stand 5 minutes before serving.

*Per serving: 282 cal, 12g pro, 13g carbs, 1g fiber, 20g fat, 11g sat fat, 137mg chol, 408mg sod*

*You may omit the bacon---for meatless, serve with scrambled eggs.*